



THE MESSENGER

The weekly review of the Parish of

St Michael and All Angels

Watford

**The Fourth Sunday Before Lent
9 February 2014**

We wish you a warm welcome to our services today.

At the 9.30 am Sung Eucharist, Fr George celebrates and preaches. Vicki Matthews leads the intercessions.

Hymns: 108, 391, 512 and 591

Setting: Wilson

Tea and coffee will be served in church after the 9.30 service – please stay on.

The 11.15 Service (Simple Eucharist) is at 11.15am

(Jacobite Syrian Orthodox Church 1.00-7.00pm)

NO Evening Service tonight.

For your prayers this week:

The Church: The Parish of Woburn in our Diocese.

The Anglican Church of Canada; Frederick Hiltz - Primate of the Anglican Church of Canada.

The Anglican Church in Lesotho.

The World: The provision of safe water and healthcare in poorer countries.

Teachers and all who work in education.

All those faced with recovering their lives after flooding.

The Community and Parish: Staff and Residents at Home Manor and St Anthony's.

The Jacobite Syrian Orthodox Church.

Our magazine team.

The Ill and the Housebound: Especially Bruce Alexander, Janet Bridge, Jean and Robert Caton, Peter Coley, Bill and Marion Craddock-Jones, Jean Crouch, Pamela Cutler, Audrey Dixon, Sandra Fullerton, Jenny Houghton, Audrey Jaquest, Mary Kearns, Lesley Kinch, Loretta Lynch, Jacqui Lyons, Audrey Morgan, Dorcas Ochola, Brian O'Riordan, Helen Perry, Myrtle Powell, Mark Pritchard, Christina and David Simon, Mark Simon, Pauline White and Anne Wightman.

The Departed:

Collect

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright:
grant to us such strength and protection as may support us in all dangers and carry us through all temptations;
through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

FIRST READING Isaiah 58.1–9a

A reading from the book of the prophet Isaiah.

Thus says the LORD:

- ¹ Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins.
- ² Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God.
- ³ ‘Why do we fast, but you do not see? Why humble ourselves, but you do not notice?’ Look, you serve your own interest on your fast-day, and oppress all your workers.
- ⁴ Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high.
- ⁵ Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD?
- ⁶ Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?
- ⁷ Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?
- ⁸ Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rearguard.
- ⁹ Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

SECOND READING I Corinthians 2.1–12

A reading from the first letter of Paul to the Corinthians.

- ¹ When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom.
- ² For I decided to know nothing among you except Jesus Christ, and him crucified.
- ³ And I came to you in weakness and in fear and in much trembling.

4 My speech and my proclamation were not with plausible words of wisdom, but with
5 a demonstration of the Spirit and of power,
6 so that your faith might rest not on human wisdom but on the power of God.
7 Yet among the mature we do speak wisdom, though it is not a wisdom of this age
8 or of the rulers of this age, who are doomed to perish.
9 But we speak God's wisdom, secret and hidden, which God decreed before the
10 ages for our glory.
11 None of the rulers of this age understood this; for if they had, they would not have
12 crucified the Lord of glory.
13 But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart
14 conceived, what God has prepared for those who love him' –
15 these things God has revealed to us through the Spirit; for the Spirit searches
16 everything, even the depths of God.
17 For what human being knows what is truly human except the human spirit that is
18 within? So also no one comprehends what is truly God's except the Spirit of God.
19 Now we have received not the spirit of the world, but the Spirit that is from God,
20 so that we may understand the gifts bestowed on us by God.

GOSPEL Matthew 5.13–20

Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus went up the mountain and was joined by his disciples. Then he began to teach them:

13 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be
14 restored? It is no longer good for anything, but is thrown out and trampled under
15 foot.
16 You are the light of the world. A city built on a hill cannot be hidden.
17 No one after lighting a lamp puts it under the bushel basket, but on the lampstand,
18 and it gives light to all in the house.
19 In the same way, let your light shine before others, so that they may see your good
20 works and give glory to your Father in heaven.
21 Do not think that I have come to abolish the law or the prophets; I have come not
22 to abolish but to fulfil.
23 For truly I tell you, until heaven and earth pass away, not one letter, not one stroke
24 of a letter, will pass from the law until all is accomplished.
25 Therefore, whoever breaks one of the least of these commandments, and teaches
26 others to do the same, will be called least in the kingdom of heaven; but whoever
27 does them and teaches them will be called great in the kingdom of heaven.
28 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees,
29 you will never enter the kingdom of heaven.'

THIS WEEK

Mon	10	Feb	Toddlers' Group	10.00 – 11.30am
			Magazine Committee in Choir Vestry	8.00pm
Wed	12	Feb	Coffee in Church	10.30am-12 noon
			Service at Home Manor	3.00pm
Thu	13	Feb	Holy Communion (Order One in Traditional Language)	10.00am
			St Anthony's	morning
			Healthwise	2.30 – 3.30pm
			Choir Practice	7.00 – 8.30pm
Sun	16	Feb	<u>THIRD SUNDAY BEFORE LENT</u>	
			Holy Communion (Pres: Fr Geoff)	8.00am
			SUNG EUCHARIST:	9.30am
			President: Fr Geoff and Preacher: Martin Heath	
			Messy Church	2.30 – 4.00pm
			The Six O'Clock Series	6.00pm

NOTICES

SWORD SUBSCRIPTIONS for 2014 are now due. Valerie Alvarez has kindly agreed to collect subscriptions for the coming year. The cost of Sword is 60p per month. If you pay for the year in advance an annual subscription for 12 issues will be £6.00, thus giving you 12 issues for the price of 10!

MORE VOLUNTEERS urgently required for the Money Counting rota (for after the 9.30 service). If you can help with this, please see Iola Bilson.

FOOD BANK: Don't forget that we are still collecting as well as giving out parcels of food. There is a list of the items of food that can be included in the food parcels in particular there is a need for tinned meat and meat pies, and UHT milk. If you would like to donate any of these items or anything else please bring them to church and put them in the box at the west end.

MESSY CHURCH The next session of Messy Church is Sunday, 16th February, from 2.30 -4 pm. All families welcome and anyone who would like to see what happens at Messy Church is very welcome to look in. If you have any neighbours/friends who you think would be interested please give them one of the handbills at the west end of the church.

HEALTHWISE AT ST MICHAEL'S CHURCH: This is the last Healthwise session at St Michael's for the present. Any inquiries to Sarah Hill (0754 214 2810) about other Healthwise sessions in Watford.